

Months 4 & 5

Your Breastfed Baby

4—5 Months

Babies are easily distracted!



- ◆ By now, breastfeeding is much easier. You have overcome many of the breastfeeding difficulties like engorgement and sore nipples. If these continue to be an issue or develop suddenly, please call your local WIC office to be connected with a Certified Lactation Counselor.
- ◆ Teething can begin now and may cause your baby to drool, chew on their hands, and put everything in their mouth.
- ◆ Sometimes babies nurse more frequently during teething or can refuse to nurse if their mouth hurts. You may need to pump if your baby refuses a feeding.
- ◆ Talk to your doctor before starting any solids now. A baby reaching for your food does not necessarily mean they are hungry or even that they want it; they are often just curious.
- ◆ Babies can be easily distracted by noise, lights, and movement. They may pull off after a few sucks. Try nursing in a quiet room without the TV or frequent visitors. They may start nursing more at night to make up for this.
- ◆ Your baby's brain is going through an enormous growth spurt!
- ◆ Exclusively breastfeeding for 4 months gives your baby a reduced risk of developing eczema or asthma. You have also reduced their risk of SIDS (Sudden Infant Death Syndrome) and have protected them against ear and respiratory infections for up to a year!

Teething and Biting

Every mother's worst fear!

- ◆ Not all babies with teeth or babies who are teething bite.
- ◆ A baby who is actively nursing can not bite. Their tongue is under the nipple protecting it.
- ◆ Watch for signs that the nursing is coming to an end such as your baby sucking multiple times but not swallowing or falling asleep, and end the nursing session.
- ◆ If your baby bites, firmly and in a deep voice say, "No!" and take them off the breast. Do NOT squeal or scream since these noises are associated with excitement for your baby.

